

12:30: Bridge

Teriyaki Chicken

Please Note: PARKS/REC activities are indicated with an (*). To find about other adult programs being offered, please call the Parks Department at 508-841-8503.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1	2	3	4	5
9:30: Piecemakers	Trip: Wal-mart Rt. 9	No Programs on side B	9:00: Men's Group 9:00: Acrylic Painting*	9:30: Writer's Workshop
No Programs	10:00: Independent Artists	12:30: Bridge	9:00: Acrylic Painting 9:00: Bocce, Horseshoes	10:00: Cribbage
Pre-Election Preparation	Election Day!	1- 3:00: Whist	10:45: Water Color*	
	Noon: Painting with Elaine	No Pilates No Chair Pilates	1:00: Pitch	1- 3:00: Busy Hands
Scalloped Chicken	3	Beef Strip Steak	Chicken Primavera	Macaroni and Cheese
эсинореи Спіскен	Seafood Newburg	200, 000 p	emeken i i marei a	Macaroni ana Cheese
8	9 Trip: Greendale Mall	10 9:30-10:30: Fitness & Nutrition	11	12
9:30: Piecemakers	10:00: Senior Line Dance*	10-noon: COA Board Meeting	Veterans' Day	0.20 14: 1.14
11:00: SSC Club	10:00: Spinal Screening	12:30: Bridge	Teterums Bury	9:30: Writer's Workshop 10:00: Cribbage
11:30: Whist	10-12:00: Independent Artists	1- 3.00: Free Legal Clinic with lim Slavin		10.00. Chibbage
12:30: Bridge	Noon: Painting with Elaine	1-3:00: Whist	All Municipal offices	1- 3:00: Busy Hands
	1:00: Hearing Screening 3:15: Tai Chi*, 4:00: Tai Chi*	No Pilates No Chair Pilates	closed	Deleved Herry
Beef Rib Patty	Spaghetti	Chicken	Gross.	Baked Ham
15	16 Trip: Xmas Tree Shop	17 9:30 -10:30: Fitness &Nutrition*	18 9:00: Men's Group	19
9:30: Piecemakers	10:00: Senior Line Dance*	11:00: Yoga	900: Acrylic Painting*	9 -10:30: Rep. Polito
11:00: SSC Club	10:00: Independent Artists	11:00: Blood Pressure Screening	9:00: Bocce, Horseshoes 10:45: Water Color*	Office Hours 9:30: Writer's Workshop
11:30: Whist	Noon: Painting with Elaine	12:30: Bridge/1-3:00: Whist 1-2:00: Pilates	1:00: Pitch	10:00: Cribbage
12:30: Bridge	1:00: Friends of the Shrewsbury Senior Center, Inc.	2:15-3:15: Chair Pilates	5:30: Community Dinner at	11:30: Lunch and Movie
Vegetable Cheese Bake	3:15 Tai Chi,* 4:00: Tai Chi*		S.H.S Chicken L'Orange	1- 3:00: Busy Hands
	Pork Stir Fry	Corn Chowder & Crackers	Chicken L Orunge	Hot Dog
22	23Trip: Solomon Pond Mall	24 *	25	26
9:30: Piecemakers	10:00: Independent Artists	11:00: Yoga	Thanksgiving Day	9:00: Newsletter Mailing 9:30: Writers Workshop
11:00: SSC Club 11:30: Whist	10:00: Senior Line Dance*	12:30: Bridge		10:00: Cribbage
12:30: Willst 12:30: Bridge	Noon: Painting with Elaine (No Tai Chi Classes)	1-3:00: Whist 1-2:00: Pilates	All Municipal Offices	1-3:00: Busy Hands
· = · · · · · · · · · · · · · · · · · ·	Special Thanksgiving Dinner:	2:15-3:15: Chair Pilates	Closed	Chieken Meure
Beef Pepper Steak	Roast Turkey	Beef Ziti Bake		Chicken Mornay
29	30	Elder & Disability Law	PLEASE NOTE: All special monthly activities, meetings and screenings appear in italics on the Calendar. Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events.	
9:30: Piecemakers	Trip: Millbury Plaza Rt. 146	Advocates		
11:00: SSC Club	10:00: Independent Artists	Guardianships		
11:30: Whist	10:00: Senior Line Dance*	Estate & Medicaid Planning Medicaid Benefit Applications		

Medicaid Benefit Applications

Worcester

(508) 755-6525

Noon: Painting with Elaine

Stuffed Cabbage

(No Tai Chi Classes)

for screenings, clinics and special events. The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.